



City of Salem Parks and Recreation
Sports Office – Division
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Updated: 12/2013 (Rules revisions are highlighted in yellow)

City of Salem Youth Basketball League

The purpose of Youth Recreational Athletic Leagues is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship, and promoting good will among all teams and individuals. Although sports are competitive by nature; the City of Salem Parks and Recreation Department's intentions are to place less emphasis on winning, while promoting the building of lifetime physical activity and health for each participant.

BY-LAWS

The Youth Basketball leagues are governed by the National Federation of State High School Associations and these rules will apply to the By-laws except as modified herein.

Age Classification: Age determined on or before **September 30** of the current season.

League	Length of quarters	Ball Size
<u>Instructional League</u> <ul style="list-style-type: none">6-7 Year-OldsFirst year 7's must play InstructionalNo score keptFoul shots at 12'8' goals	<u>First Half</u> – 4, 3-minute quarters <u>3rd & 4th Quarters</u> – 7 minutes each (3 rd Qtr Only – clock runs continuous except for timeouts)	28.5 or 1288
<u>Pee Wee League</u> <ul style="list-style-type: none">7-8 Year-OldsSecond year 7's have option of playing Ins or PWNo score keptFoul shots at 12'8' goals	<u>First Half</u> – 4, 3-minute quarters <u>3rd & 4th Quarters</u> – 7 minutes each (3 rd Qtr Only – clock runs continuous except for timeouts)	28.5 or 1288
<u>9 Year-Old League</u> <ul style="list-style-type: none">Foul shots at 14'	<u>First Half</u> – 4, 3-minute quarters <u>3rd & 4th Quarters</u> – 7 minutes each (3 rd Qtr Only – clock runs continuous except for timeouts)	28.5 or 1288
<u>10 Year-Old League</u>	<u>First Half</u> – 4, 3-minute quarters <u>3rd & 4th Quarters</u> – 7 minutes each (3 rd Qtr Only – clock runs continuous except for timeouts)	28.5 or 1288
<u>11 Year-Old League</u>	<u>First Half</u> – 4, 3-minute quarters <u>3rd & 4th Quarters</u> – 7 minutes each (3 rd Qtr Only – clock runs continuous except for timeouts)	28.5 or 1288
<u>12 Year-Old League</u>	<u>First Half</u> – 4, 3-minute quarters <u>3rd & 4th Quarters</u> – 7 minutes each	Boys – 30.0 or 1218 Girls – 28.5 or 1288

	(3 rd Qtr Only – clock runs continuous except for timeouts)	
<u>Junior League</u> <ul style="list-style-type: none"> 13-14 Year-Olds 	<u>First Half</u> – 4, 3-minute quarters <u>Second Half</u> – 20-minute running clock (first 18 minutes only stop for TO's & injuries & will run during free throws) clock will stop during last 2 minutes per VHSL rules	Boys – 30.0 or 1218 Girls – 28.5 or 1288

Note: If two leagues are combined, the game ball will be from the older age division.

All Play Rule

1. Instructional and Pee Wee League: all players will play an equal amount of time.
2. All players must play for at least two (2) entire three (3) minute periods during the first half.
3. There will be NO substitutions during the play of these three (3) minute periods except for an injury, medical concerns, and unsportsmanlike technical foul or if a player has three (3) fouls in the 1st Half. Substitutions will be made at the end of the three (3) minute periods.
4. The only players who are exempt from the All Play Rule are:
 - Players who have unexcused absences from practices.
 - Players who are being disciplined.
 - Players who, for health reasons, cannot play the time required.
 - Coaches must notify Salem Parks and Recreation Staff prior to any exemptions being made. Parks and Recreation Staff will make final decision if the All Play Rule may be exempt.
5. Before the start of the game the coach must report to the official scorer any player who is exempt from the All Play Rule and the coach must notify the opposing coach of the exempt player(s).
6. Any team that has more than ten players must use the beginning of the third quarter of the 2nd Half to get in the required mandatory playing time. It is the Head Coaches responsibility to make sure all of his/her players receive their mandatory playing requirements. Failure to meet this requirement can result in a one game suspension of the head coach with the possibility of expulsion for the remainder of the season if the problem persists.

Playing Up

- ✓ Every player must play one (1) year in each age division before they are eligible to move up to the next age division.
- ✓ Once a player chooses to move up in age divisions they must remain in that division and will not be allowed to play in the age division they are leaving for the remainder of that season.
- ✓ No participant will be allowed to "play down" in any age division unless otherwise approved by the recreation department (i.e. medical condition, etc.).

Player Eligibility

Any player who has been a member of a High School Varsity, Junior Varsity, or Middle School team during the current season may participate as long as they were registered during initial registration period and attend at least 50% of the teams scheduled practices.

Half-Court/Full-Court Pressing

1. No pressing will be allowed at any time during the game for Instructional, Pee Wee and 9 year-old leagues.
2. **Instructional, Pee Wee and 9-Year-Old League:** defense will not be permitted to leave from within the three-point line until the ball crosses half-court. Failure to comply will result in one warning being given, and a technical foul will be assessed to the team in violation thereafter.
3. All other leagues (10 year-old league and up) may use a full court press throughout the game, however when a team is leading by 10 points or more, that team may not press until the lead is reduced to nine (9) points or less.

General Rules For Play

- A. A maximum of three (3) coaches are permitted on the bench at any time. The head coach is the only coach allowed to stand.
- B. Jump Ball
Jump ball will occur at the start of each game with alternating possession from that point on. This includes the end of the three (3) minute periods and the second half. This rule applies to all leagues.
- C. One and One Option
One and One option will be awarded on the 7th personal foul in all leagues.
- D. Timeouts
 - Instructional and Pee Wee Leagues: Three (3) full timeouts per game.
 - 9 Year-Old League and Up: Each team will be allowed two (2) timeouts in the first half and (3) timeouts in the second half.

Overtime

1. Overtime will consist of one (1) three minute period. If no winner is determined at the end of this period, the game will be declared a tie.
2. Each team will be given one timeout per overtime. Timeouts will not carry over at the end of regulation play.
3. No overtime in Instruction or Pee-Wee Leagues.

Coach Limit

There shall be a limit of three (3) coaches on the roster and on the sideline during games. Coaches must have coaches badge on at all times (Practices Included).

Eyeglasses

Only eyeglasses with non-breakable lenses and frames shall be worn.

Coach/Spectator/Player Ejection

1. Unsportsmanlike conduct fouls and fighting will not be tolerated. Any player or coach who receives an unsportsmanlike conduct foul, two (2) technical fouls in one game or who is involved in a fight will be suspended of two (2) games.
2. If a player or coach is involved in a second unsportsmanlike conduct foul or fight, he or she will be suspended for the remainder of the season.
3. During the suspension, which starts immediately after the altercation, the coach, player or spectator must leave the gym and the City of Salem property immediately and will not be allowed to be present at the games or the practices until the suspension has been lifted. If they refuse to leave or attempt to come back before the suspension is over they will be expelled for the remainder of the season. This includes any altercation before or after a game.
4. This rule also includes fans that are watching the game. Be sure to express to your coaches, player, parents, and fans that this is a recreational activity and that each of them must conduct themselves appropriately.
5. Salem Parks and Recreation Department reserves the rights to modify suspensions as necessary.

Unsportsmanlike Technical Fouls (4-minute Cool Down Period)

1. Any players or coaches that receive an unsportsmanlike technical foul will have to set out of the game until four minutes of the game clock has elapsed. This is considered a cool down period.
2. If the Coach receives an unsportsmanlike technical foul he/she will not be allowed to talk with the officials, scorers or players until the cool down period has elapsed.
3. Coaches are responsible for the actions of their fans and are obligated to control them. Coaches shown to incite fans will be subject to suspension.
4. If the player receives an unsportsmanlike technical foul he/she will have to go to the bench immediately and will not be allowed to talk with the officials, scorers or coaches until the cool down period has elapsed.

Playoffs, Standings and Scores

1. There will be no standings or scores kept in the Instructional or Pee Wee Leagues. There will also be no playoffs in the Instructional or Pee Wee Leagues.

Factors for League Playoff Seeding's

1. Best Record
2. Which team won the final regular season game played between the two teams that are tied.
3. Coin toss.

Coaches Background Screenings/ID Badges

Each teams head coach and up to two assistant coaches must complete the **Volunteer In Youth Sports Consent Form** and be approved according to the guidelines listed therein. Teams shall have at least one (1) approved coach at all practices and games. Any coach who willfully fails to comply with this background screening policy shall be automatically disqualified. This is mandatory in order to coach; all coaches must wear their ID Badges during all games and or practices. Failure to wear your badge will result in not being allowed to sit on the bench during games.

Snowed-Out Games Policy

Any weekday that school is cancelled because of bad weather, practices and games will be called off for that night. You may also call the Youth Sports Office Cancellation Line (996-6900) for updated cancellation information. Games cancelled on Friday do not always mean that Saturday games are cancelled as well.

Game Schedules, League Standings and Rescheduled Games

Game schedules, league standings, rescheduled games and other information will be available by logging onto the City of Salem website, www.salemva.gov, click on "Parks and Recreation" and then "Athletics / Sports." Coaches will be responsible for checking the status of postponed games through this website on a daily basis.

PLEASE REMEMBER THIS PROGRAM IS FOR THE KIDS!